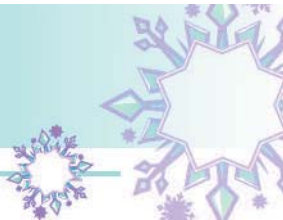


SKI TRACKS

Mt. Bachelor Sports Education Foundation

RACE TRAINING NEWSLETTER



Volume 14, Number 4

April 2011

Greetings From The Director

by Chuck Kenlan

As our winter programs wind down, I want to thank all of you; Athletes, Parents, Coaches and Staff for an amazing season. It seems like we just got started. The parent involvement in our programs this year was as good as it gets; we couldn't have done it without you. From the parent coaches to the parent that drove a group of athletes to Montana and everyone in between, the coaching staff and the athletes owe you a big thank you.

For those of you that are new to MBSEF or are unfamiliar with some of the complexities of the organization, I want to take some time to explain a little about our endowment funds. MBSEF has a managed investment account which is overseen by a committee of our Board of Directors. Within this account there are four named funds: The Bill Healy fund, The Angie Stevenson fund, The Paul Meyerhoff fund and the Mike Puddy fund. Each of these was set up by the families of these people and has specific purposes. Here are the guidelines for each of the funds:

The Healy Endowment was named after Bill Healy who had the vision, desire and initiative to build what turned out to be the premier ski area of the Northwest, Mt. Bachelor. The objectives for this fund are general in nature, and allow the Endowment Committee of MBSEF to make appropriate decisions regarding disbursements. All funds disbursed must be directed in support of MBSEF youth ski racing programs. Grants can come in the form of scholarships, programs, one time equipment purchases and other uses that the Endowment Committee deems appropriate.

The Stevenson Endowment was named after Angie Stevenson who was a lifelong participant of MBSEF. The objective of this fund is to support the MBSEF youth cross-country program with an annual sponsorship. In addition, it can provide funds for Alpine/Nordic coaching staff education and development.

The Meyerhoff Endowment fund was named after Paul Meyerhoff II who was an avid skier, coach and energetic supporter of youth ski racing. The stated objective of this fund is to assist junior alpine racer/racers under the age of 18 in the MBSEF program.



Max Millslagle + Shovel = Snow Cave!

Continued on Page 4

A PEEK INSIDE - MBSEF BRINGS HOME THE COVETED BUDDY WERNER CHAMPIONSHIP TROPHY!!!!!! PAGE 8-9



UPCOMING EVENTS

- Apr 2 XC Great Nordeen Race
- Apr 7-10 Alpine PNSA Masters Champs
- Apr 15-20 Alpine WR Spring Series DH
- Apr 25 Junior Race Team Cycling Begins
- Apr 29 MBSEF Annual Awards Banquet
- Apr 29-May 1 Alpine Annual May Day Race
- May 21 U.S. Bank Pole Pedal Paddle
- May 22 U.S. Bank Kid's Mini PPP
- May 23 Club MTB Cycling Begins
- Jun-Aug TBD Summer Camps
- July 19-24 Cascade Cycling Classic

Late Breaking News on the Alpine Masters Program! On March 30th, Alpine Masters Coach Greg Timm sent in the following email:

Our Masters skiers from Mt. Bachelor and MBSEF had a very successful week last week at the Masters National Championships at Copper Mtn., Colorado. The events just concluded on Sunday. Notable are Tim Hill's 1st Combined in his age group, Dave Kornish was 5th overall, Richard Lindsay was 6th and Rich Robertson (73 yrs. old) was 2nd overall.

Regards, Greg Timm



Caldera Grille now open in downtown Bend.

Creak, Justin and Stacy invite you to come in and try Caldera Grille. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off.

Check out the slider menu! Yumm

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SKI TRACKS

SKI TRACKS is the official newsletter publication of Mt. Bachelor Sports Education Foundation, a non-profit, tax-exempt 501(c)(3) membership association.

SKI TRACKS is published four times per season (December, February, March, and April). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: Chuck Kenlan
Editor: Kathy Kurtz

Story contributions are always welcome!

We appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month. We prefer stories and photos sent via email. Contact us at the numbers and address below.



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Web: www.mbsef.org

Pocketweez

Purchase the revolutionary Pocketweez, the original folding tweezer, right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. Designed and produced by Rick and Bev Francis, Pocketweez will be the last tweezer you will ever have to buy. Don't get stuck without it!



Recent Results - Good Job Everyone!

2011 Nordic Junior Nationals - March 7, Max Millslagle advanced to Sprint Quarter Finals.

J2 Nationals, Sugarloaf ME - March 9 Jordan Schweitzer 2nd SG.

Buddy Werner Championships - Stevens Pass, WA - March 11-13 - See page 8/9 for the full story! MBSEF overall team champion, first place! Boys 1st place team, girls took 4th place team. Congratulations!

J3 Junior Championships - Squaw Valley, CA - March 18-20 - Wilder von Rohr took 10th in GS.

Cascade Crest - March 19 - 15km J3's Olivia Moehl 1, Leo Lukens 1, Alex Martin 2, Zeb Millslagle 3, Matt Hecker 4, Thomas Wimberly 5, J2's Micaela Martin 1, Hannah Fraser 2, Max Millslagle 1, Niko Giannioses 2, Skyler Kenna 3, Javier Colton 4. 25km J2's Piper McDonald and Emily Hyde tied for 1st, J1's Sarah MacKenzie 1st, Eli Forman 1st.

J3 Finals, Schweitzer Mountain, ID - March 25-27 - SG Wilder von Rohr 11th. GS Brooke Kelley 14th, Wilder von Rohr 4th. SL 1st run Jack Botti 13th. SL Wilder von Rohr 6th, Brooke Kelley 12th.

USASA Nationals - Copper Mountain, CO - April 2-12 - Freeride athletes that qualified for USASA Nationals by earning first place overall in their home series are: Molly Kern, Jenna Taus, Claire Kern, Lance Taylor, Zoe Kern, Hunter Hess, Brad Smith, Ryan Bailey, Nathan Jacobson, Dru Brownrigg, Carolyn Boyle, Kent Callister, River Sterne, Brittany Williamson, Dimitri Hagen, Emma Gosser, Van Allen and Jake Mageau. Congratulations everyone!



R.A.D. Camps give MBSEF kids 15% discount!!!!



RACE PLACE
 222 SE Reed Market Rd, #200, Bend, OR 97702
 541-382-4216 or Toll Free 1-800-814-7223
www.the-raceplace.com



Greetings From The Director, Cont.

The Puddy Endowment fund was named after Dr. Mike Puddy who was a former Skyliner racer, MBSEF board member and passionate supporter of youth ski racing. This fund is for one annual scholarship for an alpine athlete.

The MBSEF endowment fund is not large by any means, however it does allow us to fund certain aspects of our programs that would be difficult otherwise. Here are a few things we have done so far this season:

1. We were able to purchase a set of junior slalom gates for the Mini World Cup program.
2. We funded the Stevenson Youth program.
3. We were able to pay for US Ski Team coach Seth McAdam to spend a weekend with our alpine coaching staff to further their education.
4. We have paid for three Freeride coaches to take their Level II exam, furthering their knowledge of the sport.

We will also fund 7 scholarships at our annual awards banquet. These are the Healy, Nordeen, Grabenhorst, and Puddy Awards. With the passing of long time alpine coach Scott Foster, we are on our way to set up a 5th endowment fund in Scott's name. With the help of donations from many individuals, Central Oregon Radiology, and the Foster family, we are closing in on the amount we need to start this fund.

April is a busy month for MBSEF with races most every weekend. We end the month with our best event; the May Day Race. This coincides with our annual awards banquet which is on April 29. I hope to see you all there.

Cycling Program 2011

Get out your bikes, call your friends and let's ride!

Sessions begin late April and run through mid August.

Follow us on Facebook!

NEW THIS YEAR – we are revamping our program structure and making it bigger and better!

The goal of the MBSEF Cycling Program is to provide Central Oregon children, aged 8-18, with an opportunity to participate in the sport of cycling in a structured, safe and fun environment. In our road, mountain and cyclocross programs we aim to improve our student-athletes' bike handling skills, riding etiquette, fitness and strength while promoting a life-long love of the sport. Further, MBSEF aims to develop and promote junior cycling through high quality athlete development, professional coaching, racing opportunities and race organization.



Cycling is a lifetime sport, and an exciting part of the MBSEF Cycling Program is introducing young mountain and road cyclists to a community where coaches, parents and community members are excited about developing, promoting and living a cycling lifestyle. Coaching positions are available for 2011. If you wish to be a coach for the summer, please send your resume to taylor.leach@gmail.com.

Friends and Family that Play together, Stay together.

MBSEF Members receive 15% off a Sunriver Vacation

DISCOVER SUNRIVER
Vacation Rentals
(877) 496-0793 DiscoverSunriver.com

Restrictions, conditions and minimums may apply.



TOMORROW!

**Saturday, April 2, 2011
Desert Orthopedics
Great Nordeen**

30k and 15k point-to-point Freestyle Race

and

**15k Skijoring Race, or
15k ski with your dog!**

To All MBSEF Middle School and Older Athletes

Paul Mahre at PNSA posts an athlete honor roll each year. MBSEF members who are USSA members, and who maintain a 3.0 or higher GPA, can submit a transcript to PNSA, and will be added to the honor roll.

Then, as you apply to schools, and for various grants, you could mention that you are on the PNSA Honor Role. Follow this link to PNSA's website to view the Honor Roll:

http://www.pnsa.org/Comp%20Manual/2010-2011/honor_roll_10-11.htm. Email Paul at pnsa@pnsa.org



Volunteers Needed For The U.S. Bank Pole Pedal Paddle!!!!!!!

If you are interested in helping out during PPP, visit pppbend.com/volunteer. Pick your preferred job, and sign up on the spreadsheet.

If you have any questions, email Patty Neumann, PPP Volunteer Coordinator, at patty.neumann@advantagebend.com



POLEPEDALPADDLE
35 YEARS STRONG



POLEPEDALPADDLE
35 YEARS STRONG

MBSEF Academic Support

To help our student-athletes stay on top of their schoolwork through the busy winter season, MBSEF has offered a Supported Study Session with a licensed teacher. We can help with study skills, organization, test-taking skills and homework.

Sessions remaining will be held April 5 and 6. If you need additional help after this to finish up your school year, contact Taylor to make arrangements to continue your sessions.

The cost is only \$50 per student-athlete for the entire season. Come as often as you like. Sign up with Kathy in the MBSEF office today! Call 541-388-0002, or email mbsef@mbsef.org.

For more information or questions, contact Taylor Leach taylor.leach@gmail.com

2010 POLE PEDAL PADDLE RECAP

Editor's Note: The following is a re-cap of last year's Pole Pedal Paddle, by Nick Campbell, one of our Nordic Stevenson Youth Program Coaches, sent to his friend, Gail. He finished the PPP solo ("it hurt").

By Nick Campbell

Friday night - the kayak is staged, gear is inventoried, numbers are pinned to shirts. I'm ready. I think. At 0700 Saturday (race morning), one of my aero bar pads pop off the handlebars, and I can't get the thing back on. I figure I can duct-tape the pad to my forearm if need be (seriously). The bike mechanic from Sunnyside Sports grabs my tape and does a 30-second NASCAR pit-stop fix that would impress MacGyver. It works. Sunnyside rocks.

Did you see me in my racing shorts up at Pine Marten, (the lodge halfway up the mountain where the race starts) it was 50F degrees? Revelation: downhill skiing in thin shorts means a lot of snow on the legs and down the socks. Woke me up, all right. You're so right about the run uphill in boots. My quads actually got a little tired, even though I took my time. I did no alpine this year except for the single practice run, and was a little concerned about that. No need; most of the people were stuck in snowplow mode, so I go straight for the fall line. Doing fine until I hit a pile of slush and go airborne, but hold it together (barely). Warren Miller (of acrobatic ski movie fame) won't be calling me anytime soon. But maybe Wide World of Sports will ('the agony of defeat' ski jumper).

I saw one of the elites jump straight up out of his DH boots (XC boots inside), clip into the XC skis in about 5 seconds, and do an immediate face-plant. Nice! Someone told me about the year with all the snow on the road. Something like 22 degrees up top? Yeah, I'd still be there. Maybe. It's only been 3 months since I first clipped into a Nordic binding, and I really need some skate ski lessons; I went classic style just so I wouldn't burn out. Good choice, but people with walkers and orthopedic shoes are passing me. I get 'em back on the last hill, though. Almost forgot about the telescoping poles I rented. Yeah, they telescope all right. Even when I don't want them to. By the time I finish, I have an 18" difference between them. Ever see Marty Feldman (Igor) in Young Frankenstein? This is me schlepping up the last hill.

Another lesson learned: it's surprisingly hard to eat a PB&J sandwich on the bike after XC skiing. No moisture at all in my mouth and I'm trying to eat/breathe/pedal all at the same time; it takes me a mile to get it down. Then it's off to the races; I hit 44+ on my aero bars, with bugs in my teeth and a smile on my face. I pass a bike chain laying on the shoulder. Someone had

a bad day. Get to the Century/Colorado traffic circle and encounter a huge wall of very silent spectators, so I yell, "Wake up, people, I'm workin' here!" Got a rise out of them.

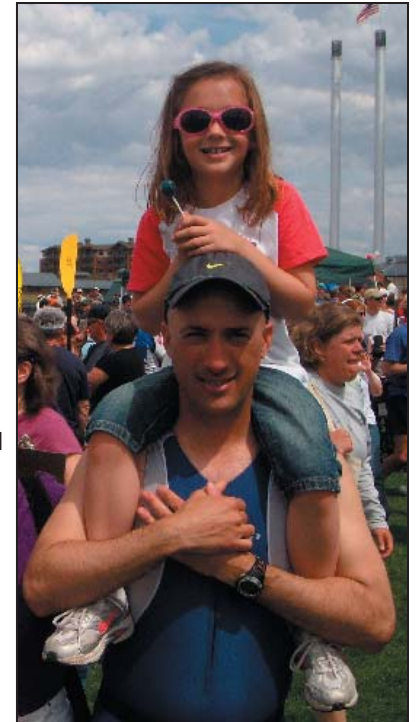
Throw on my running shoes, start off feeling good at 8 minute mile pace. That lasts about a hundred yards. Then it just hurts. Gets a little better after the turnaround, but I'm pretty much blown by now.

Kayak? I'll be fine. After all, my arms haven't really worked hard yet. Yeah, right. At Riverbend Park, I swear there's about 3 boats left. Wasn't hard to find mine, not with Kristen, Zoe, and Barbara standing behind it. I get in, take a couple of strokes, and realize I left my shoulders somewhere on Century Drive. Brutal. I was wishing your man Brian and his big arms would jump in and paddle for me. Right about now, I really need more cowbell. Halfway thru the boat leg, I realize my legs feel fine, although a little tired. They had a good rest in the kayak, so I'll salvage the day with a violent kick to the line after I beach this sucker.

I get pulled out of the boat, take two steps, and realize it's going to be another half-hour to cover the final 600m sprint. The wheels are gone, completely gone, kaput. Note to Molly, Event Director at MBSEF: "Sprint" is not an appropriate term for the final segment.

In the last 200 yards, I pick off a few more people and somehow find another gear to finish fast. On the beverage table, I grab a Muscle Milk and it tastes pretty darned good. Right now, a frosty glass of bacon fat would taste pretty darned good. My 7-year-old daughter gets a Nathan's hot dog; I nearly chew off her fingers in pursuit.

My first PPP is in the books. Tomorrow, I'm joining the circus.



MBSEF Alpine Nordic Crossover Skate Training

by Kathy Kurtz

MBSEF Alpine Nordic Crossover Skate Training Classes are still going on Sundays April 3, 10, and 17, from 12:45-2:15pm, meet at the Nordic Center.

We also have Wednesday sessions April 6, 13, 20 and 27, van leaves MBSEF 3:30-6:00pm. Wednesday participants ride up in the van at no extra charge.

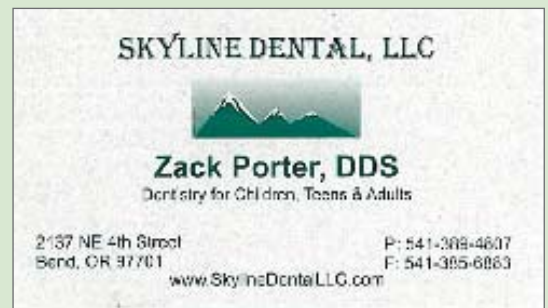
Cost is \$15 per training session. We can prorate these for you if you can only make some of the sessions.

Get ready for the upcoming May Day Race and the U.S. Bank Pole Pedal Paddle! Many MBSEFers have had top age class results with the skills they develop in the Crossover program. Your young skiers and riders will be able to navigate a variety of terrain more efficiently, explore different trails, and best of all they will have a new sport - cross country skiing - to call their own.

This program is designed for any alpine and snowboard athlete. It is a non-competitive, fun-oriented program designed to familiarize skiers and riders with cross country skiing. And, if you are a parent and want to try it out, we can enroll you too!

Equipment rentals are available at Sunnyside Sports and the Mt. Bachelor Nordic Center. Participants are responsible for their own trail passes.

Call Kathy at 541-388-0002 to sign up, or email mbsef@mbsef.org.



Dr. Zack Porter, DDS, with Skyline Dental, LLC, is offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program. Here is what Zack sent in:

"I was reading last month's MBSEF Newsletter and felt that I could be doing more to support MBSEF athletes. One of the best years of my life was the year after high school, when I was ski racing full time with the MBSEF Alpine Program. I learned the values of hard work, self-discipline, and how to overcome obstacles. I don't think I would have done as well as I did in college or dental school, had it not been for my time with MBSEF. 1996 was a few years back, but I still love skiing more than any other sport on this planet and thought I should be giving back to an organization and sport that has taught me so much.

I'm happy to offer free x-rays, exam, and cleanings to all current MBSEF Athletes at our office. Please call our office and mention the MBSEF program with Dr. Porter to set up an appointment."

Have a great season,

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Freeride Ski Development Coach
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MBSEF BUDDY WERNER TEAM ENDS DROUGHT, BRINGS HOME THE OVERALL TEAM TROPHY!!!

by Penny Nakamura-Koyama

Complete shock, and then jubilant cheers, hugs, high fives and pure joy as the MBSEF team climbed to the very top of the snow podium, as their names were called as the 2011 Overall PNSA Buddy Werner Champions. The large bronze trophy was passed up to the team at Stevens Pass, WA earlier this month, to the hoots and hollers of the crowd.



The last time MBSEF held this traveling trophy was 14 years ago, in 1997. Back then, MBSEF held it for a four-year dynasty run.

“To have it back after that long is pretty cool and exciting,” said Coach Erik Huston, who was all smiles and seemingly surprised as anyone. “It’s just goes to prove, it’s not one individual result, it’s a team effort, and that has been our overall main focus to have everyone have solid performances and move up, that’s what it takes.”

It also takes a dream, and believing.

“I dreamed this-- I am so happy,” explained Addison Beasley, 10, who as first- seed, took 10th in the women’s slalom race, and 14th place in the GS. “I actually dreamed this was going to happen twice this week. I anticipated we would win the overall.”

“I dreamed this- I am so happy” explained Addison Beasley, 10.



The MBSEF Buddy Werner Boy’s Team also took the first overall men’s trophy, led by one of the youngest team members, Jonathan Wimberly, 10, who also took the podium with a 7th place SL finish. Joining him on the podium was Minam Cravens who notched a 9th place in the slalom. Just missing this podium was Nick Rasmussen with an 11th place finish. “I can’t believe this happened,” said an excited Minam, who along with Jonathan is on his second Buddy Werner team, and will be a J-4 next year as well. “I never really imagined it could happen.” The last time the boys team took home the men’s overall trophy was back in 2003, led by Kevin Prodehl.

The best finish of the weekend races went to Madison Archuleta, 12, who scorched the SL course, for a 3rd place podium finish, leading the girls team to a fourth place overall finish. The MBSEF girls team just missed the 3rd place overall women’s trophy by a single point to Team Alpentel Snoqualmie (TAS).

The tricky SL course proved to be steep and deep, for both the girls and boys, as stormy weather blanketed the course with soft, wet snow all weekend long.

“It’s been a lot of fun skiing with friends, and being a good team,” explained Jonathan Wimberly. “I thought the course was good. At Mount Bachelor we don’t have it that steep, so it was fun to ski steeps.”

Giant Slalom podiums were just out of reach for MBSEF skiers during this race, with Minam finishing 11th, and Charlie Stuermer finishing in 12th. Still with several MBSEF boys finishing in the top 20, it all added up in the point totals, and the same could be said on the girls side for





the GS race, as the majority of the girls got to flip in the top 30, after their first run.

Another surprise for the MBSEF team came with the Move-Up award which was given to Erin Smith, 11, who started the GS in the second to the last position, starting at # 115, and ended up placing 23rd. And if you're doing the math, that's 98 spots she moved up. Nick Rasmussen just missed the men's move-up award in the GS by

one spot, having moved up a 107 places. The next day, Rasmussen, also missed the move-up award in the SL by three places, but he remained philosophical. "It's really good to see us doing well as a team," said an optimistic Nick, who looks forward to competing next year as a J-3. "It's great to compete with all these other teams from all over the Northwest, and I think all the races next year will be like this."

A total of twenty-three teams came out with their best 7 male and female skiers to compete in these races, so to win an overall team title is no easy feat. But with several skilled and talented racers coming up the MBSEF pipeline coaches are optimistic. "I think we have a lot of team depth, we have a pretty young team" explained Coach Huston. "We'll only lose five skiers from this (Buddy's) team, so it bodes well for future years."

While the surprise wins were no doubt the highlight of the Buddy races, there were also memorable moments, as the MBSEF team probably took the team spirit award, with their NEON colored tee-shirts lighting up the hill for the "ski down" or opening parade. Doing nice long GS turns down the steep slope, spectators watched as each Buddy ski team member each carried a designated letter, which at the base they stood on their skis spelling out "MBSEF SKI TEAM", and then on cue, flipping their cardboard letters and spelled out "Thank you SPAC", which was the host team.

"The opening ceremony was great with the neon shirts and everything. I don't think, when I went to Buddy's we got as much swag as these kids get," said Coach Miles Richard with a laugh. "But this group of kids really had great team spirit and bonded



together. When it came time to ski, they turned it up, and did good things."

MBSEF coach Rob Cravens, who stepped in for long time veteran coach, Mike Evans, who's been side-lined with a leg injury, summed up the weekend. "The true magic of the moment was the lack of expectation of the win," explained a jubilant Cravens. "You never really see team spirit on the scoreboard. MBSEF had the spirit...athletes, coaches and parents. It was a blast." Rounding out the Buddy's coaching staff was Megen Johnson and Aubrey Kimble. Aubrey and Miles grew up racing in the MBSEF program, and all who had Mike Evans and Erik Huston as coaches, "back in the day."

As this year's MBSEF Buddy Werner team takes pride in the overall title, many of the racers mentioned they felt an "angel" was looking after them. Each of the Buddy Werner team jackets had a patch commemorating long time MBSEF ski coach Scott Foster, who left his mark for ski racing in this year's Buddy team. Coach Foster would indeed be proud of these racers.

Trivia question of the day:

If Coach Huston coached Aubrey and Miles, how old is this still boyish looking guy? This became a subject of conversation among parents during the Buddy's weekend, some guessing late 20's to 30's. For the record, coach Huston has confirmed he's 45 years old! Yes, the youngest looking 45 year old, and he's managed to keep his sense of humor, despite coaching kids all these years!

Congratulations MBSEF Buddy Werner Team 2011, you did it!!!
 Boy's team & Overall Men's Buddy Werner Champions: Charlie Stuermer, Jonathan Wimberly, Minam Cravens, Walter Lafky, Hayden Hall, Nick Rasmussen, and Jack Smith. Girl's team & Fourth Overall Girls' Buddy Werner Champions: Addison Beasley, Taya Nakamura-Koyama, Madison Archuleta, Winter Vinecki, Sophia Sahm, Lili Bouchard, and Erin Smith.

GO MBSEF!

FREERIDE SPRING TRIP

By Radam Adam Sather



Every spring the Freeride Team adventures to a new place to explore new terrain, team build, and have fun. These trips create some of the best memories for our athletes allowing them to let go of the pressures of competition **and HAVE FUN!**

Freeriders headed up to Snoqualmie Pass and Alpentel to experience steep terrain, cliffs, shoots, glades and Snoqualmie's epic terrain park. 11 athletes travelled with Schoonie and Radam to enjoy the fresh snow of the Washington Cascades. The van ride is definitely one of the most fun parts of the journey. Kids get a chance to talk, play games, sing, and eat high quality junk food. Some may say that van rides are boring but not when you travel with Freeride!

Saturday morning was steep, deep, and challenging at Alpentel. Athletes experienced terrain that they just don't get at Bachelor. Runs of the day were Edelweiss Bowl, International, and Shot Six. MBSEF Freeriders jumped into the challenging terrain of Alpentel and had a blast slaying the white dragon! This mountain makes Freeriders better and also makes them really tired in a hurry. Kids enjoyed lunch in the lodge and then we split into two groups allowing some athletes to ride Snoqualmie's Park and others to continue riding the steeps at Alpentel.

Snoqualmie Pass offers a variety of terrain features for all abilities. There is a mandatory Park Safety video that must be watched to get a Park Pass. Past MBSEF athletes Ben and Gabe Ferguson are both in the video and are pretty funny. MBSEF kids show up to these places and destroy park features. Locals are always in awe of our team riding through the park. Our kids mostly like to grab, spin, board slide, butter and press, and just look really good doing what they do. We should all be proud.

We rode Snoqualmie's Park until 7:30pm and hopped in the van to get our tired bodies back to the hotel for dinner, hot tub and pool, and sleep.

Day 2 was very similar but the snow was getting deeper and deeper at Alpentel. We saw probably some of the best turns ever in the Edelweiss Bowl. Most of the team dropped cliffs into powder bigger than they had ever done before. Thanks Alpentel for the good times. Snoqualmie park was "off the hook" even after the snow turned to rain. Hardcore park rats stuck it out all the way until 4pm.

The ride home is always just as much fun as the ride there, but athletes definitely got to snoozin' toward the end of the trip. This trip will definitely be remembered by athletes for a long time to come, and they will look forward to the next trip. Thank you everyone for positive attitudes, lifelong memories, and for making this trip possible with the Snow2Flow fundraiser.



SCHOLARSHIP OPTIONS FOR NEXT SEASON!

Scholarships are offered through MBSEF, as well as through several other organizations. You may refer to your 2010-2011 Parent Athlete Program Manual for a listing of options available. Contact MBSEF for full criteria for each option. Applications are available online and at the MBSEF office. Grants listed below include revised dates for this coming season:

MBSEF Training Grant

Eligibility Age: Priority given for Athletes of Full-time Alpine, Nordic and Snowboard Programs
 Deadline: July 15, 2011
 Winners notified August, 2011

PNSEF

Eligibility Age: J2, Current PNSA/USSA licensed competitors. Must be residents of OR or WA.
 Application available at pnsa.org
 Deadline: December 31, 2011
 Winners notified throughout the season

NAASF

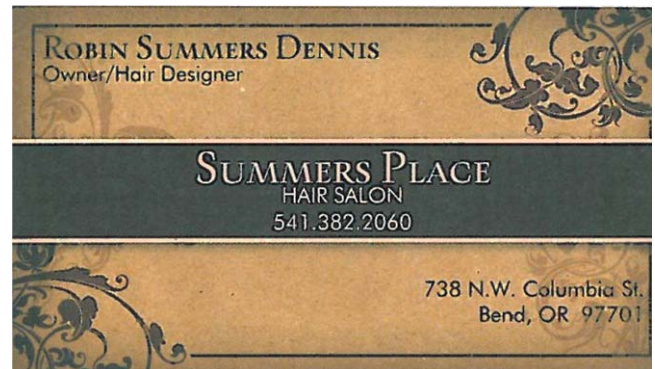
Eligibility Age: JIII & JIV only
 Online application available at naasf.com.
 Deadline: August 31, 2011
 Winners notified Oct 15, 2011

MBSEF Bill Healy/Emil Nordeen

Eligibility Age: JII & older
 2nd year MBSEF member, permanent C.O. resident. Alpine athletes must qualify for NW Cup Series. See your coach for all requirements. Application available from your coach.
 Deadline: Apr 11, 2011
 Winners notified at Annual Awards Banquet April 29, 2011

FWSA

Eligibility Age: JIII, JII, JI, Current PNSA/USSA licensed competitors. Must be residents of AZ, CA, NV, NM, OR, or WA.
 Application available at fwsa.org.
 Deadline: June 30, 2011
 Winners notified in September, 2011



20% off any services by Robin Dennis



Live passionately, eat passionately.
 Located inside the Athletic Club of Bend. On your way down the mountain, or anytime!
 Bring your MBSEF card - and receive a FREE appetizer with the purchase of another.
 Free childcare on-site with a prior dinner reservation

MBSEF THANKS YOU!!!

Thank you Rob Cravens and Rob Beasley for heading up the sprucing up of Junior Race Center. Thanks for all the hours you spent organizing the JRC, helping make it more of a "club" atmosphere. Great Job! If you haven't seen JRC lately, go take a gander!

Thank you BendBroadband for donating the fabulous scoreboard for the alpine races. This was a wonderful donation, we all really appreciate your backing of MBSEF.

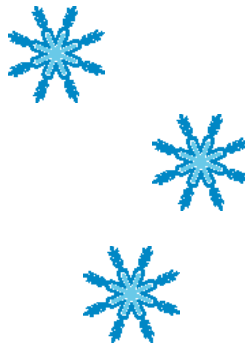
Thank you Aaron Lafky for helping us out with upgrading our very dated video and electronic equipment for alpine training. We now have equipment at JRC and here in the office that actually works! Thanks so much, MBSEF and all of our athletes appreciate your generosity.



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Local Master Nordic Skiers Bring Home Some Hardware



MBSEF Coach Eric Martin takes two Gold Medals at the Nordic World Masters held in British Columbia, Canada on March 3-11. Just awesome!

Also earning medals at the Masters World Cup in Vernon, British Columbia, were Dagmar Eriksson, winning 3 gold medals.

MBSEF Coach Tim Gibbons' father Tom won 2 golds and one silver medal.

Other medalists from Central Oregon included MBSEF Assistant Coach Carolyn Daubeny, winning a bronze, Mary Wellington, winning a silver and bronze, and Dan Packman earning a bronze.



Bronwyn Laherty, showing off her medal won in the Par Fore the Course II - Bronwyn is only 8 years old!

Post Season Recovery and Workouts

Tyson Langeliers, Athletic Trainer Desert Orthopedics

Spring races are here and that means the end of the season is soon to follow. It is time to start to think about season recovery, summer camps, and work outs.

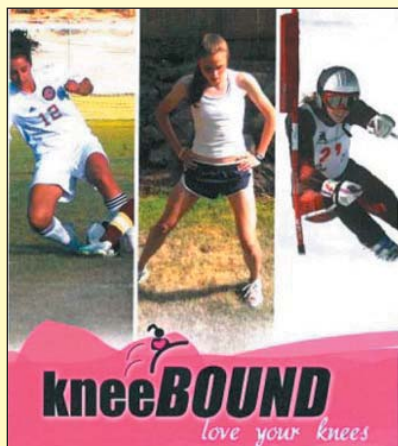


In today's world most athletes feel or are told that they need to be in game- or race-ready shape all the time. This can lead to a lot of problems from mental/physical fatigue (burn out) and/or injuries. In this short article we will briefly look at the phase of a season and generally what intensity and types of training should be involved.

A year worth of training phases are typically put into four categories. The four phases are post-season recovery, off-season, pre-season, and in-season, although some combine the post-season recovery and off-season for a three phase model. Each phase will have all components that include flexibility, strength, power, agility, speed, aerobic/anaerobic endurance, and balance.

A general example - Post-Season Recovery and Off-Season Training

Duration of these phases can range from two to sixteen weeks. Intensity is between fifty to seventy-five percent. Volume is medium 8 to 15 reps, 2 to 3 sets, 2 times a week for lifting weights and 3-4 times a week cardiovascular exercise (30 - 60 min). Activity should be low to medium impact and cross-training activities (example road/mountain biking, Kneebound, swimming, hiking, climbing). Focus is on good mechanics and pattern development. Emphasis is recovery, preparation, condition, general strength and start on power.



Understanding the phases of training allows us to make better decisions and to better inform our athletes. The training phases allow our athletes to mentally and physically recover, rebuild and optimize performance while decreasing chances of burn out, and more importantly, decrease injuries.

For example, we see a lot of non-contact/non-crash/collision injuries of the knee each season. The Kneebound program is a knee injury prevention program developed by Dr. Cara Walther and Tyson Langeliers MS ATC. The program can easily fit into all phases of training. The Kneebound program is a 20 minute program done 2-3 times a week. No equipment is needed, just some space. The program focuses on good mechanics, knee alignment, balance, strength and power. This is good for all ages, and in fact, the younger you learn the balance and landing strategies the better off you are. For more information or questions contact Tyson Langeliers at Desert Orthopedics at 541-388-2333 or tysonl@dbjortho.com



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Supporting MBSEF is as simple as opening a checking account with Home Federal Bank. And it is no extra charge to you.

Here's how it works. With the Community Care Account, Home Federal Bank matches and donates 1% of your average annual balance to the non-profit of your choice. At year end, the donation is made in your name. In order for a donation to be made in your name, open a Community Preferred Checking Account or Simplified Business Checking Account with the bank and tell them that you would like to add the Community Care account feature. Then designate MBSEF as the non-profit organization to receive the donation.

This is also available to already established Home Federal Bank accounts. Six Bend branches are located at 606 NW Arizona, 805 NW Bond, 200 SW Century, 20365 Empire, 61379 S. Hwy. 97, and 671 NE Greenwood.

Home Federal Bank has also entered into an agreement with MBSEF to sponsor our Athlete of the Week again this year! Watch for Athlete of the Week ads each Sunday in The Bulletin December through February.



Silverado
JEWELRY GALLERY



Powder House

311 S.W. Century Drive ■ Bend, OR 97702



MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And remember, at most stores the discount is for the card carrying athlete only, not for family and friends.

Caldera Grille

Show your MBSEF Membership Card, purchase one appetizer and receive a second appetizer at 1/2 off.
932 NW Bond Street

NEW!

Mt. Bachelor Ski & Sport

10% off retail products in Mt. Bachelor Ski & sport. Shop (not valid on sale items, not to be combined with any other offers). Athlete i.d. membership card required, not for family/friends. Expires last day of skiing May 2011.

Sugar Sports

15% discount to card carrying athletes on regular priced merchandise, skis, boards, etc. Good through 08/31/11 on summer gear also (swim wear, gym clothes, shoes, etc.) because training is a year-round thing! Sugar Sports is gear for girls and women.

Emerald City Smoothie

10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/11.

FootZone

10% discount, excludes sales merchandise. Expires 08/31/11.

Hutch's Bicycle Store

10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/11.

Cloud 9 Photos

10% off all prints for MBSEF families. Expires 08/31/11.

Longboard Louie's

10% off any order. Expires 08/31/11.

Mountain Supply of Oregon

10% off any regular priced item. Expires 08/31/11.

Play Outdoors

20% off any regular priced item purchased at Play Outdoors at 701 NW Arizona Avenue. Expires 08/01/11.

Summers Place - 738 NW Columbia

20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/11.

Race Place

5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.

Tamara M. Crawford, CPA

15% discount on Individual and Business tax return preparation to MFSEF members.. Expires June 30, 2011.

Sunriver Vacation Rentals

MBSEF members receive 15% off a Sunriver Vacation. Call 877-496-0793. discoversunriver.com

Webcyclery/Webskis

15% off all ski products, excludes sale items. Expires 05/31/11.

Elk Lake Resort

25% off cabin rentals mid week to MBSEF members. Excludes holidays and weekends. Expires 05/31/11.

Athletic Club of Bend - Scanlon's

Buy one, get one free appetizer! Stop by on your way down from the mountain, or any time!

Seventh Mountain Resort

20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid's Eco-Challenge Camp.

Powder House

10% off non-sale items and service work to currently enrolled athletes, membership i.d. card required. Discount for athlete only. Youth season lease program \$149, alpine, xc, snowboard, snowshoe packages, free waxing and adjustments. Expires 05/31/11.

Sunnyside Sports

Juniors: 20% off waxes, clothing and accessories. Team gear specials, see your coach. Masters: 10% off clothing and accessories, 5% off skis, boots, poles and bindings. Expires 08/31/11.

R.A.D Camps

R.A.D. Camps give 15% discount to any currently enrolled MBSEF athlete. Sign up to have a great adventure all over Oregon with a trained wilderness guide. Visit www.radcamps.com. Expires 8/31/11.

New Retailers Discounts Are Added Monthly. Watch For 2010-2011 Additional Member Benefits Listed In "Ski Tracks" Newsletters Published Dec 1, Feb 1, Mar 1 and Apr 1, and visit www.mbsef.org

MBSEF

RACE TRAINING CENTER

Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
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MBSEF MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a non-profit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard race training and competition in Central Oregon. MBSEF provides the opportunity for introduction to advanced levels of race training and competition.

Our main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program's guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: sportsmanship, self-discipline, goal setting, character building and the pursuit of healthy lifetime activities.

MBSEF

**563 SW 13th Street, Suite 201
Bend, OR 97702**

Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
mbsef@mbsef.org
www.mbsef.org

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